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ATX 341.F 6

# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

SEPTEMBER 18, 1978

## Water Use - in the Home

Today's "average" American family--husband, wife, and two children--consumes a daily average of 240 gallons of water. This number has tripled since 1900 and is one that continues to rise according to Dr. Evelyn Spindler, USDA's Science and Education Administration--Extension.

How can you cut back on the water your family uses? Homemakers can stress ten points for their family to help control the use of water in their home, suggests Dr. Spindler.

1. Use showers.....they take less water (5 to 15 gallons per minute vs. 30 to 50 gallons of water needed for a bath).
2. Turn water off while you shave, brush your teeth or apply shampoo to wash your hair--these are very common, but wasteful habits.
3. To get more warm water, turn hot water on first; then add cold water as needed.
4. Use only a small amount of water to cook frozen vegetables and in making stews--this practice preserves nutritional values as well as saves water.
5. Cook foods over low heat--in pans with tightly fitting lids to reduce evaporation of liquids.
6. Use a tea kettle to heat water and avoid loss of water through evaporation.

7. Time the foods that must boil so too much evaporation does not take place.
8. Select proper size pans for cooking. Pans that are too large require more cooking water.



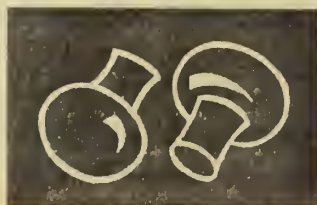
9. Use a pressure cooker to save time and water.
10. Cut down on evaporation of liquid by covering foods with foil during roasting or cooking.

“Make

Every Gallon

Count”

## Growing Like Mushrooms



Mushroom production in the United States hit an all time high record this year at 399 million pounds--15 percent above last year and 29 percent above two years ago. Pennsylvania is still the leading mushroom-growing state, producing 220 million pounds of the total amount. Four new states have started growing mushrooms this year: Connecticut, Iowa, Tennessee and Virginia.

## FOOD CLIPS

True--the outer green leaves of lettuce are coarser than the inner, tender leaves, but have higher calcium, iron and vitamin A value. Use the outer leaves when possible, especially in a tossed salad, suggest USDA home economists.

\* \* \*

The core of the cabbage, as well as the leaves, is high in vitamin C. Most people simply eliminate the core--but if you can use part of it you will retain some vitamin C.

\* \* \*

Prevent bruising of fresh vegetable tissues by using a sharp blade when trimming, cutting, or shredding. There can be a loss of vitamin A and C when vegetable tissues are bruised.

\* \* \*

Labeling products for your freezer can be extremely important. Include name of food, date it was packaged and type of pack. Use special crayons or pens so the freezing will not affect the markings. Set most recently packed food in an area separate from the food previously in the freezer.

\* \* \*

## Average Cost of Selected Meats - and Alternates

Estimated costs of 3 ounce servings of cooked lean meat from selected types and cuts of meat, poultry and fish are compared below from the June 1978 average retail prices in U.S. cities. A 3 ounce serving of beef, pork, lamb, veal, chicken, turkey or fish provides about 20 grams of protein or more. For some alternates, however, about 10 slices of bacon, 3½ frankfurters, 3 eggs or 4½ tablespoons of peanut butter would be needed to supply the 20 grams of protein.

June 1978 prices\*

|                               | Retail price<br>per pound | Cost of 3 oz.<br>cooked, lean |
|-------------------------------|---------------------------|-------------------------------|
| Beef liver                    | .88                       | .24                           |
| Hamburger                     | 1.20                      | .31                           |
| Chicken, whole, ready-to-cook | .70                       | .34                           |
| Chuck roast of beef, bone-in  | 1.27                      | .57                           |
| Haddock, fillet, frozen       | 2.04                      | .59                           |
| Lamb chops, loin              | 3.82                      | 1.76                          |

\* Bureau of Labor Statistics, U.S. Department of Labor



# Cost of Food at Home A WEEK (JULY 1978)

|   | Thrifty<br>plan | Low-cost<br>plan | Moderate-<br>cost plan | Liberal<br>plan |
|---|-----------------|------------------|------------------------|-----------------|
| FAMILIES  |                 |                  |                        |                 |
| Young couple.....                                   | \$26.40         | \$34.30          | \$43.20                | \$51.70         |
| Elderly couple.....                                 | 23.80           | 30.70            | 38.10                  | 45.40           |
| Family of 4 with<br>preschool children.....         | 37.10           | 47.70            | 59.70                  | 71.50           |
| Family of 4 with elementary<br>school children..... | 44.60           | 57.50            | 72.40                  | 86.50           |
| INDIVIDUALS*  |                 |                  |                        |                 |
| Women   |                 |                  |                        |                 |
| 20-54 years.....                                    | 10.80           | 14.00            | 17.50                  | 20.80           |
| 55 years and over.....                              | 9.80            | 12.70            | 15.60                  | 18.50           |
| Men   |                 |                  |                        |                 |
| 20-54 years.....                                    | 13.20           | 17.20            | 21.80                  | 26.20           |
| 55 years and over.....                              | 11.80           | 15.20            | 19.00                  | 22.80           |
| Children  |                 |                  |                        |                 |
| 1-2 years.....                                      | 5.90            | 7.50             | 9.30                   | 11.10           |
| 3-5 years.....                                      | 7.20            | 9.00             | 11.10                  | 13.40           |
| 6-8 years.....                                      | 9.10            | 11.70            | 14.70                  | 17.50           |
| 9-11 years.....                                     | 11.50           | 14.60            | 18.40                  | 22.00           |
| Girls 12-19 years.....                              | 11.00           | 13.90            | 17.30                  | 20.60           |
| Boys 12-14 years.....                               | 12.20           | 15.50            | 19.50                  | 23.30           |
| 15-19 years.....                                    | 13.50           | 17.30            | 21.60                  | 26.00           |

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

## Almost All About -

### Peaches

- Peaches are grown in 32 states... they are 4th in value-of-production of American fruits...



Most peach groves are in California and a few southern states.

- We ate an average of about 9.7 pounds of fresh peaches in 1950-54--but then the market tumbled. By 1970, fresh consumption had fallen to 5.7 pounds per capita.. per capita consumption in 1976 was 5 pounds of canned peaches and 5.2 pounds of fresh peaches.
- The peach was among the first imported fruits to be grown in the United States. Spaniards, it is believed, sent the first seeds and trees to the New World with Columbus. By 1571, three types of peaches were growing in Mexico. The peach spread throughout the Americas so quickly and completely that leading botanists in the middle 1700's taught that it was native to North America.
- Today's peach is large and sweet--compared with the small, hard, hairy fruits that grew wild centuries ago. It is the result of more than a half century of research by government and private botanists.

## Frozen Food Popularity

"Eskimo knowledge and scientists' theories adapted to quantity production made the frozen food industry" related Clarence Birdseye who first experimented with frozen foods back in 1920. He established the first commercial frozen food company in New York in 1930, according to a report by U.S. Department of Agriculture economists.

Ten years ago the total poundage of all frozen foods was just over 14 billion pounds, of which 3 billion were convenience foods. It is estimated that by 1980, the figure of frozen food poundage may be up to 22 billion.

Who uses frozen foods? Almost 9 out of 10 schools and colleges use frozen fish and seafood entrees along with 8 out of 10 hospitals, and three fourths of all nursing homes surveyed. And---frozen french fries are served in almost all schools, colleges, hospitals and nursing homes.

### ABOUT YOU 'N' ME

American Association of Agricultural College Editors have shed their long title--now appropriately named Agricultural Communicators in Education (ACE) and are more than 500 strong coast to coast.....Linda Baker, Consumer Affairs Officer for Oregon Dept. of Agriculture, resigned to become Public Affairs Director for Seattle division of Safeway stores.. Society of Consumer Affairs Professionals in Business to feature theme of "Creating Change: Business, Consumer, Government Roles" Oct. 4-6 at their annual conference, Washington (D.C.) Hilton. Contact: 202-393-3270 for details.